

**ONWARD REFERRAL
PATHWAYS FOR
SPECIALISED
THERAPEUTIC WORK**

- Relate NI provide counselling and therapeutic support to children www.relateni.org
- New Life Counselling provide children's 1:1 therapy. www.newlifecounselling.net
- Victim Support Aggression Related Trauma Project provides support to children and young people. www.victimsupportni.com
- Barnardo's provide 1:1 therapy and early intervention work <https://www.barnardos.org.uk/northern-ireland>
- NSPCC offer a range of therapeutic services for children and support for their parents <https://www.nspcc.org.uk/about-us/what-we-do/northern-ireland/>
- Women's Aid 'Helping Hands Programme works with children and young people who have been affected by domestic violence. www.womensaidni.org
- Autism NI supports individuals and their families - <https://www.autism-alliance.org.uk/autism-ni/>

CONTACT US

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Please see below for some useful links for sign-posting for adults:

-Aware Support Line operates Mon - Fri 11am - 3pm. Please call 07548530931 or 07340488254; info@aware-ni.org

-Health & wellbeing resources <https://www.disabilityaction.org/pages/category/health-wellbeing-resources2>

-Lifeline for crisis support 0808 808 8000



**TOP TIPS FOR
STAFF AND
PARENTS IN
SUPPORTING
EMOTIONAL WELL-
BEING IN SCHOOLS**

Nursery Edition



This leaflet has been produced by Relate NI working with the Seamless Transition through Education Partnership (STEP).

Who are Relate NI?

Relate NI provide a range of counselling supports to families, couples, individuals, teens and children including working in primary schools and supporting parents.

Who are STEP?

STEP is funded by the Department of Education and delivered by a consortium of five community and voluntary sector organisations. Since 2017, tailored early intervention programmes and interventions have been delivered through school and community settings to provide support for children and their families in South Belfast. The programmes support community connectedness and emotional wellbeing and raise aspirations, helping children and families get the best start in life. The delivery partners are South Belfast SureStart, Belfast South Community Resources, Barnardo's NI, and Sólás; managed and supported by Forward South Partnership.

Identifying when our children are having difficulties can sometimes be difficult—through this leaflet we outline how to recognise when a child may be having emotional difficulties & provide some tips on how to deal with these.



HOW TO RECOGNISE EMOTIONAL DIFFICULTIES IN A CHILD IN NURSERY:

- **Looking out for behavioural changes**
- **More clingy to parents at the door**
- **Difficulty making transitions between spaces**
- **Difficulty regulating emotions – going from 0-100 within seconds.**
- **Increase in temper/crying outbursts**
- **Overly keen to please**
- **Disengagement from activities**
- **Non-participatory behaviours**
- **Changes to communication styles**
- **Changes in eye contact – overly, seeking out, avoidance**
- **Changes to socialisations – disengaging, overly seeking out.**
- **Difficulty sharing/compromising in play**
- **Changes to toileting behaviours.**

Top Tips

- **Foster a sense of safety within the relationship**
- **Establishing and maintaining healthy eye contact**
- **Allowing for 1:1 time**
- **Reinforce positive behaviours**
- **Celebrate achievements**
- **Modelling healthy boundaries**
- **Modelling sharing through play**
- **Good communication**
- **Support and encourage healthy play styles**
- **Allow for ‘time out’ in a quiet space .**

Children have experienced changes over the past few years including long absences from school life. This can impact on social connections & development.